



## **2014 Summer Athletic Camps**

### **BLUE STREAKS SUMMER BASEBALL CAMP**

*Instructor: Kevin Tysinger - Location: HHS Baseball Field*

Campers will be given instruction in the fundamentals of baseball including throwing mechanics, fielding mechanics, and hitting mechanics. Campers will also receive specialized instruction required for each position including catcher, pitcher, infielder, and outfielder. Campers will be put in competitive game situations and learn how to train to be successful high school players. Contact Tommy.

City Res \$40 / Non-Res \$45 / Ages 8-13

**211042A**      Mon-Thu      Jun 16-19      10am-12pm

### **HHS GIRLS SOFTBALL CAMP**

*Instructor: Susan Bocock – Location: HHS Softball Field*

Campers will be given instruction on hitting, fielding, throwing, and catching. Game situations and rules of the game will be reviewed and practiced as well.

City Res \$30 / Non-Res \$35 / Ages 6-12

**211035B**      Sat      May 17      9:30am-1:00pm

### **SUMMER YOUTH SOCCER CAMP**

*Instructor: Dan Long - Location: Stone Spring Elementary*

Learn the fundamental soccer skills through fun drills and games. Contact Tommy.

City Res \$40 / Non-Res \$45 / Rising Grades 1-5

**211052A**      Mon-Fri      Jun 9-13      8:30-10:30am

### **HARRISONBURG BOYS BASKETBALL FUNDAMENTAL/SKILLS**

*Instructor: Scott Harlow and Staff – Location: Smithland Elementary*

Come learn the basic fundamentals of basketball or work to develop your current skills.

City Res \$25 / Non-Res \$30 / Rising Grades 6-8

211036B1      Mon-Thu      June 16-19      9am-12pm

### **YOUTH VOLLEYBALL CAMP**

*Instructor: Laurie Kraus - Location: HHS Gym*

This is a beginner camp for players to learn and improve their skills. The skills introduced will include underhand/overhand serving, forearm passing, setting, hitting, digging, and diving. There will also be instruction in serve receiving with transitions of offense and defense. Registration deadline is the Wednesday prior to the start of the camp.

City Res \$55 / Non-Res \$60 / Grades 5-8

**210144A**      Mon-Fri      Jul 14-18      9am-noon

### **SPRING/SUMMER ARCHERY CAMP**

*Instructor: Brad Fiala - Location: HHS Activity Field*

There is nothing more exciting than taking aim and hitting the bullseye! This program is designed for all skill levels.

City Res \$50 / Non-Res \$55 / Ages 8-12

**211053A**      Tue/Thu      Jun 3-19      5-6pm

**211053B**      Tue/Thu      Jun 24-Jul 10      5-6pm

City Res \$50 / Non-Res \$55 / Ages 13+

**231053A**      Tue/Thu      Jun 3-19      6:15-7:15pm

**231053B**      Tue/Thu      Jun 24-Jul 10      6:15-7:15pm

### **YOUTH SKATE CAMP**

*Facilitated by Wonder Skate Shop - Location: Westover Skate Park*

Daily lessons for each camp are designed for any skill level. Learn how to cruise on flat ground and transitions, learn how to drop-in, or step it up and learn everything from lip tricks to flip tricks. Pizza Skate Jam provided on final day of each camp. Pads and helmets required and provided. The deadline for each camp is the Wednesday prior to the start of the camp. Participants must supply their own skateboard.

City Res \$55 / Non-Res \$60 / Ages 7-15

**211021A**      Mon-Fri      Jun 16-20      9am-noon

**211021B**      Mon-Fri      Jul 7-11      9am-noon

**311021A**      Mon-Fri      Aug 4-8      9am-noon

### **MIDDLE SCHOOL CROSS COUNTRY CAMP**

*Instructor: Jason Rooney, Corinne Makarewich - Location: Skyline*

This camp is designed to help runners effectively train and prepare for the fall cross country season. Building on the fitness levels established during the spring track season, the camp will meet throughout the summer to help young runners develop positive training habits. The campers will learn about all facets of endurance training, strengthening and stretching, as well as improving the running form and technique while focusing on sharpening their training for the upcoming fall cross country season.

NO class July 5, 26, 30.

Meets on Wed & Sat. Wed-5-6:30pm; Sat-8-9:30am.

City Res \$50/ Non-Res \$55 / Ages 10+

**211074B**      Wed/Sat      Jun 25-Aug 9

### **YOUTH FENCING CAMP & GAMES**

*Instructor: Angela Leffel - Location: Spotswood Elementary*

Learn the basic fundamentals and skills of the sport of Fencing. Please bring a packed lunch and a snack. Deadline to register-July 10.

City Res \$80 / Non-Res \$85 / Ages 8-14

**211040A**      Mon-Fri      Jul 14-Jul 18      9:30am-3:30pm

### **THMS SUMMER WRESTLING CAMP**

*Instructor: Grant Thompson - Location: THMS Wrestling Room*

Come have some fun while learning the basic skills and techniques of wrestling.

City Res \$30 / Non-Res \$35 / Grades K-5

**211039A**      Mon-Thu      July 14-17      9-11am